

# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference

The successful resolution of traumatic stress can be simple.

Studies indicate that there are four key elements to effective trauma treatment. When you accomplish these four key elements in treatment with your clients, you will be able to reduce their symptoms and improve clinical outcomes.

Attend this conference and you will walk away with a step-by-step **four-stage framework** for navigating essential elements of trauma treatment with your traumatized clients.

The essential elements are common to all evidence-based trauma treatments, you will learn how you can integrate this framework with your current approach or methodology to make your trauma treatment even more effective!

This trauma competency training can **transform your clinical practice and help improve your trauma treatment outcomes**, just as it has for other clinicians around the world.

**\*\*In addition, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional** (International Association of Trauma Professionals, [www.traumapro.net](http://www.traumapro.net))

## Meet Your Speaker

**Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.,** is a retired faculty member from Ottawa University (Phoenix) where he worked for 20 years in the Behavioral Sciences and Counseling Department. Dr. Rhoton's primary interests are training counselors to work with traumagenic family dynamics; child & family trauma; and non-egoic models of treatment.

As CEO of Arizona Trauma Institute, Dr. Rhoton has supervised multiple outpatient clinics, juvenile justice programs, and intensive outpatient substance abuse programs for adolescents, as well as day treatment programs for children and youth, adult offender programs, child and family therapeutic services, advanced training in child and adolescent trauma treatment, family therapy and family trauma work.

Dr. Rhoton is the past president of the Arizona Trauma Therapy Network (2010-2012). He is a Diplomate of the American Academy of Experts in Traumatic Stress and collaborates and consults with several Arizona community behavioral health agencies to fine tune their understanding of trauma. Dr. Rhoton serves on the Arizona Department of Health Services Trauma Informed Care (TIC) task-force as a community member. He is a gubernatorial appointee to the Arizona Board of Behavioral Health Examiners and Governor's Office of Youth, Faith and Family.

Speaker Disclosure:

Financial: Robert Rhoton is CEO of Arizona Trauma Institute, LLP. He receives compensation as an Assistant Professor in the Behavioral Sciences and Counseling Department at Ottawa University. Dr. Rhoton receives a speaking honorarium from PESI, Inc. Non-financial: Robert Rhoton serves on the Arizona Department of Health Services Trauma Informed Care (TIC) task-force as a community member and is also a gubernatorial appointee to the Arizona Board of Behavioral Health.

\*SAVE by including these products with your seminar registration!

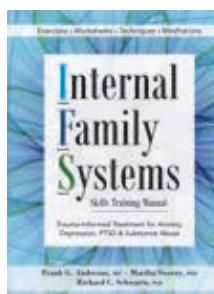


### Transformative Care:

A Trauma-Focused Approach to Caregiving

By Eric Gentry, Ph.D., LMHC, Robert Rhoton, Psy.D., LPC, D.A.A.E.T.S., *Your Presenter* and Thomas E. Rojo Aubrey, DBH

*Transformative Care: A Trauma-Focused Approach to Caregiving* goes far beyond simply defining and advocating for trauma-informed care (which has become an important new method for caregiving). Instead, it teaches the developing care provider the mastery and skillset needed to safely and effectively intervene, with a trauma-focused approach, in the lives of those who are suffering from a painful past.

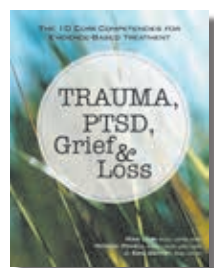


### Internal Family Systems Skills Training Manual:

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. & Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



### Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment

By Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, Ph.D., LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and Narrative Exposure Therapy.



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

#### Benefits of Membership:

- Certificate of Membership
- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
- **10% Discount** on all PESI books, CD's, DVD's and digital seminars
- Traumatology Tool Kit (assessment instruments, treatment protocols)

Visit the IATP website at [www.traumapro.net](http://www.traumapro.net) for more details on the non-profit association.

#### Conference Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors  
Therapists • Marriage & Family Therapists • Other Mental Health Professionals • Nurses

#### BONUS

Get a **FREE IATP membership** by attending!  
A \$99.99 value!

## FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPF



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# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference



**NORTHBROOK, IL**  
Tuesday & Wednesday  
February 19 & 20, 2019

**TINLEY PARK, IL**  
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February 21 & 22, 2019

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# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference



Featuring trauma expert and author  
**Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.**

This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I). Visit [traumapro.net](http://traumapro.net) for the full certification requirements.

**BONUS**  
Get a **FREE IATP membership** by attending!  
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Benefits to membership listed inside!

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# Outline

## A Brief History and Evolution of Traumatic Stress, Grief & Loss

Systemic traumatic stress theory  
Symptom review  
Review of effective treatments  
Tri Phasic model  
Most commonly used instruments to assess traumatic stress

## Core Competencies of Traumatic Stress, Grief & Loss

## Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

Precipitating events  
Meaning making  
Physiology of trauma  
Perception

## Adaptive and Maladaptive Coping Behaviors

Trauma adaptation  
Systemic influences  
Emotional & psychological stressors  
Integrated theoretical concepts from stress, crisis & trauma theories  
Information Processing Model  
Psychosocial Model

## Review of Effective Treatment Interventions

Cognitive Behavioral Techniques (PE, CPT & SIT)  
EMDR & Bilateral Stimulation  
Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)  
Sensorimotor

## The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

Affective volatility  
The body keeps the score  
Biology of traumatic stress

## The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

Epigenetics  
Reactive Attachment Disorder  
Adrenal fatigue

## The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

Traumagenesis  
Traumaddiction  
Comorbidity

## Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

Systemic perspective  
Strengths perspective  
Survivor metaphor

## Traumatic Stress Exists Across the Continuum of Systemic Levels

Systemic trauma theory  
Community trauma  
Vicarious secondary traumatization

## Theories of Traumatic Stress, Loss and Grief

Information Processing Model  
Psychosocial Model  
Contemporary thoughts

## Bereavement and Adjustment Disorders

Supporting normal bereavement  
Treating complicated bereavement

## Assessment of Traumatic Stress Disorders

Diagnostic and Statistical Manual of the APA  
DSM-5® changes  
ACE & Developmental Trauma  
Diagnosing PTSD with the PCL-5

## Evidence-Based Techniques/Interventions

Relaxation/Self-regulation  
Grounding  
Containment  
Writing/journaling  
Drawing art  
Healing metaphors  
Transitional objects

## Demonstrations: Interactive Exercises/Application of Skills

Cognitive Behavioral Techniques  
Narrative Exposure Therapy Technique  
Thought Field Therapy (TFT)  
Bilateral Stimulation

## Limitations of the Research and Potential Risks

Limitations of many accepted models of trauma treatment  
Weaknesses and limitations of evidence-based trauma treatment models  
Limitations of the diagnostic (DSM-5 ®) system  
Limitations and potential risks in grief work, due to research scarcity on the topic

## Closure: Lessons Learned

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the counseling services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**ILLINOIS ADDICTION COUNSELORS:** This course has been approved by the IAODAPCA for 12.5 CEUs. Program number: 14280. Category: Counselor II, Preventionist II, CARS II, MISA I or II, PCGC II, CCJP II, CRSS I or II, CVSS II, CPRS I or II, MAATP II, CFPP II, NCRS II.

**COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ILLINOIS COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**INDIANA COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ILLINOIS MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits.

**NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

**PSYCHOLOGISTS:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**SOCIAL WORKERS:** PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**ILLINOIS SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 12.5 contact hours.

**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

## Become Certified!

This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).



Visit [traumapro.net](http://traumapro.net) for the full certification requirements.



### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact Jeff Mares at [jmares@pesi.com](mailto:jmares@pesi.com) or call (715) 855-5269.

## Live Seminar Continuing Education Information

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

CERTIFIED CLINICAL TRAUMA PROFESSIONAL:  
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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required.*  
*Cannot be combined with other discounts.*

### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

— **Trauma Competency Conference + FREE IATP Membership (\$99 Value!)** Multiple DVDs\* (video) \$299.99 (RVKT051137)

— **Trauma Competency Conference + FREE IATP Membership (\$99 Value!)** Multiple CDs\* (audio) \$269.99 (RKIT051137)

— **Transformative Care** book\* \$37.95 (SAM085520)

— **Internal Family Systems Skills Training Manual** book\* \$29.99 (PUB085175)

— **Trauma, PTSD, Grief & Loss** book\* \$24.99 (PUB084790)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

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## Objectives

- Examine the nature of traumatic stress, grief, & loss and their sequelae.
- Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
- Evaluate traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
- Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
- Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
- Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
- Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
- Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
- Incorporate clinical interventions and techniques for the initial assessment, safety and stabilization phase of treatment as well as the remembrance and mourning phases of trauma treatment.
- Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
- Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
- Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.

### Live Seminar Schedule (Both Days)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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